

The best way to control your future is to **CREATE** it.

THE Women's Conference



- ❖ Productive Sessions
- ❖ Motivating Speakers
- ❖ Innovative Ideas

- ❖ Practical Solutions and Strategies
- ❖ Straight Answers for the Professional Woman

"The delights of self-discovery are always available."

— Gail Sheehy

September 22, 2005 • Charlotte, NC • Four Points by Sheraton Hotel
September 20, 2005 • Raleigh, NC • Holiday Inn Brownstone Hotel
September 28, 2005 • Wilmington, NC • Holiday Inn Wilmington
September 29, 2005 • Columbia, SC • Marriott Hotel Columbia

*Individually designed conference agenda,
created just for you, by you!*

Full conference schedule: pages 4-5

 CAREERTRACK.

Where ambition and drive meet knowledge and insight ...



THE Women's Conference

You and other carefully selected achievers from the metro area are cordially invited to one of the most dynamic, life-changing events ever to come to your city.

The Women's Conference is a power-packed day of workshops and sessions designed to energize and invigorate you — giving you new ideas and strategies to achieve and succeed according to your goals and standards.

This conference offers a unique 3-track format that lets you select from 12 sessions — making it easy to jump from track to track and choose the workshops most relevant and important to you. And in between, you'll have the opportunity to meet and network with other area professionals — contacts that will be valuable to you long after the conference has ended.

This unique event brings nationally respected speakers and workshop leaders together with the area's most capable professional women (including you!). Miss this day, and there's no telling how many opportunities will pass you by.

Visit our Web site at www.careertrack.com or call 1-800-556-3009 today to reserve your place ... and rejuvenate your career!

THE "BLUE" TRACK: Enhancing Your Career and Professional Development

These sessions direct you to the skills and strategies that define top-quality managers. Learn how to develop your personal leadership style ... take control of the multiple priorities and projects demanding your attention ... negotiate anything with anyone, and consistently reach advantageous agreements ... stay relaxed, in control, and self-assured through the most pressured situations and settings.

THE "RED" TRACK: Expert Communication Skills ... Just for Women

Learn how to communicate more effectively, with special emphasis on the strengths and hallmarks of the female communication dynamic. Refine an assertive style that commands respect, yet keeps you "human" ... defuse conflict and confrontational situations, and actually use them to your benefit ... keep damaging emotions out of the professional environment ... communicate more effectively with virtually anyone.

THE "GREEN" TRACK: The Woman's Professional Toolbox

Discover the tips and tricks that make it easier to produce and achieve every single day. Eliminate the frustrations that difficult people cause you, and stop the troublemakers who sap your strength ... take control of the clock, and learn how to get more done in less time ... conquer debilitating stress that drains your energy and damages your health ... learn how to keep sight of the "big picture" in your professional life, despite the buzz of daily activity.

Conference Agenda

8:30 a.m. - 9:00 a.m. REGISTRATION

9:00 a.m. - 10:00 a.m. OPENING SESSION *Achieving Your Potential: How to Gain Respect, Credibility, Power, and Influence in a Competitive Business World*

| BREAKOUT SESSIONS | | Blue Track: <i>Enhancing Your Career and Professional Development</i> | Red Track: <i>Expert Communication Skills ... Just for Women</i> | Green Track: <i>The Woman's Professional Toolbox</i> |
|---|---|--|---|---|
| Session 1 10:15 a.m. - 11:15 a.m. | Management and Leadership Skills for Women | Assertive Communication Skills | | Stress Solutions for Women |
| 11:15 a.m. - 11:30 a.m. | | BREAK | | |
| Session 2 11:30 a.m. - 12:30 p.m. | Managing Multiple Projects and Priorities | Gender-Based Communication: Get Your Point Across | | Dealing with Difficult People |
| 12:30 p.m. - 1:45 p.m. | | LUNCH (on your own) | | |
| Session 3 1:45 p.m. - 2:45 p.m. | How to Become Self-Confident and in Control | Managing Emotions in the Workplace | | Getting It All Done |
| 2:45 p.m. - 3:00 p.m. | | BREAK | | |
| Session 4 3:00 p.m. - 4:00 p.m. | Power Negotiation Skills for Women | Communicating Effectively Through Conflict and Confrontation | | Getting Ahead in a Competitive Environment: Career Planning |

After the opening session, you may choose to follow one track start to finish or pick 4 individual sessions from each track that interest you most. For more information on individual sessions, see pages 4-5.

Conference Q & A

Why a conference for women only?

Many professional women find that conferences and seminars designed for everyone leave critical questions unanswered ... and key problems unaddressed. This conference won't sidestep the important gender-related issues you face; you'll learn strategies and techniques that are workable and comfortable for you. Just as important, you'll be growing and learning with other professionals who have similar goals — influential women from your community that you might otherwise never meet.

How does this conference differ from other seminars and courses?

The Women's Conference offers the opportunity to "choose your own agenda" by selecting from 12 sessions in 3 different tracks. The conference will expose you to multiple speakers with a dual opportunity — a major session that includes everyone, and "breakout" sessions where you'll learn and accomplish even more in smaller groups. You simply cannot afford to miss it!

Who is the conference designed for?

It's designed for professional women not of a certain level, occupation, or age, but of a particular attitude — those who are seeking to increase their ability to achieve and succeed ... and are looking for new ideas to help them. You're part of a carefully selected group of individuals who have received this invitation — women who have been identified as top achievers, up-and-comers, and high-potential professionals.

Register Today!

www.careertrack.com ▼ 1-800-556-3009

THE Women's Conference

3 Tracks,
12 Dynamic
Sessions



Opening Session

Achieving Your Potential: How to Gain Respect, Credibility, Power, and Influence in a Competitive Business World

Who's your professional role model? Look more closely at the successful women we admire the most ... and tap into their insights for achieving and succeeding. You'll learn the 10 powerful strategies that high-achieving women use to reach their goals and hear real-life success stories that prove they work. You'll develop a plan with specific steps to help you earn the respect and credibility that will give your career momentum. Discover the path that will lead you to more personal power — to make a difference and make things happen.

Blue Track

Enhancing Your Career and Professional Development

Blue Session 1

Management and Leadership Skills for Women

Are people looking to you for leadership? Start by looking within yourself for the resources of the successful manager. For those facing the unique challenge of women in management ... how to get stellar results from those you manage while developing a leadership style that commands respect and esteem.

- Motivate your staff members to give you their best.
- Learn to identify the strengths and weaknesses of your team.
- Handle management of friends, former peers, and employees who are older than you.
- Develop your individual leadership style and enhance your personal power.

Blue Session 2

Managing Multiple Projects and Priorities

Too much and too little? If you're juggling too many projects and priorities in too little time with too few resources, this power-packed session is for you. Avoid the stress, burnout, and chaos that result from overload — and find innovative new ways to manage it.

- Take control of your time and work with the clock ... not against it.
- Multiple tasks made easy — streamline your workday for greater efficiency.
- Adapt! Learn how to smooth out the bumps caused by changes, crises, delays, and roadblocks.
- Eliminate the pressure and stress that sap your energy and productivity.

Blue Session 3

How to Become Self-Confident and in Control

Ever feel as if you're losing the inner strength that got you where you are now? This exciting session is designed to help you tap into that inner calm that keeps you on track, focused, and in control — regardless of the daily pressures you face. You'll learn how to keep your composure and confidence all day, every day.

- Stand tall and assured in the most intimidating situations.
- Project an assertive, dignified image that commands respect.
- Discover 7 secrets to getting in control ... and staying there.
- Self-management: Develop a unique plan that helps you manage and motivate yourself!

Blue Session 4

Power Negotiation Skills for Women

Learn winning negotiating techniques designed just for women! For any time you need to reach an agreement, build consensus, or forge a compromise, you'll learn the specific strategies that produce "win-win" results, every time!

- Learn how gender plays a role in negotiation ... and the specific adjustments women need to make.
- Leverage and position: Recognize — and use — sources of personal power.
- Instantly spot negotiating tricks and traps before they compromise your position.
- Step by step, start to finish: Follow a fail-safe blueprint for successful negotiating!

Red Track

Expert Communication Skills ... Just for Women

Red Session 1

Assertive Communication Skills

Do you sometimes feel you're "too weak" or "too nice"? Or, on the other end of the spectrum, do you come on "too strong" or become overbearing? Between the two extremes lies the secret to effective communication — an assertive style that mixes strength with sensitivity. Learn the "how-tos" of communication styles used by the world's most effective, successful women.

- Ask for exactly what you want ... and get it. (You don't have to be pushy or aggressive.)
- Say "no" without being negative or offensive.
- Enhance the way others perceive you ... and win increased respect and recognition.
- Prevent others from manipulating you, and stop the stress that arises from it.

Red Session 2

Gender-Based Communication: Get Your Point Across

Like it or not, there are marked differences in the ways men and women communicate; the trick is to understand and use these differences to your advantage. This session will help you focus on harnessing the strengths of the female communication dynamic, while minimizing common weaknesses.

- Know the key communication differences between males and females ... and how they can lead to misunderstanding.
- Identify communication strategies that are appropriate for any office or professional environment.
- Be aware of communication minus words: Understand the critical nonverbal signals you're sending ... and the signs others are sending you.
- Demystify mixed signals, communication misfires, and misunderstandings.

Red Session 3

Managing Emotions in the Workplace

Your professional relationships are too valuable to be sabotaged by anger, stress, or disappointment. This eye-opening session will help you keep control over your emotions and stay calm and level in the most highly charged situations. Learn immediate-relief strategies that sidestep emotional crisis and save your energy and passion for more productive pursuits.

- Break the bad habits that set emotions spinning.
- Halt festering conflicts before they have the chance to explode into damaging outbursts.
- Know the most effective responses for the emotional overreactions of others.
- Apply first aid for furious feelings: immediate steps to take when you're about to "lose it."

Red Session 4

Communicating Effectively Through Conflict and Confrontation

You can't avoid conflict ... but you can learn to use it in a positive and productive way. This session focuses on how to remove the negativity from disagreement and confrontation and capture its energy to forge new compromises and alliances.

- Learn proven strategies to resolve conflict ... and when and how to use each one.
- Confront others without causing defensiveness or hostility.
- Effectively resolve conflicts between teams and departments.

Green Track

The Woman's Professional Toolbox

Green Session 1

Stress Solutions for Women

Stress is the insidious, omnipresent enemy of today's professional woman; left unmanaged, it leads to burnout, fatigue, anxiety ... even depression. You'll learn how to avoid falling victim to stress and pressure with specific techniques that put the calm and control back in your life, whether it's on the job or at home.

- Everyone wants balance ... learn how to achieve it!
- Coping strategies for high-pressure lifestyles: Keep pace without burning out.
- Relax and recapture your calm — in virtually any situation or setting.
- Discover stress points unique to women ... and how other successful women conquer them.

Green Session 2

Dealing with Difficult People

Virtually no workplace is safe from those demanding, difficult people who frustrate and agitate us. You'll learn specific steps and actions to take the offensive against these troublemakers and stop falling victim to their tactics.

- Pinpoint difficult types who target women — and find out how to handle them.
- Learn to identify the 6 personality types of difficult people, and get tips for dealing with each.
- Master communication tips that make the difference in specific situations.
- Counteract the negative influence of complainers and grippers.

Green Session 3

Getting It All Done

In today's hurry-up, produce-more business environment, you need new ideas and survival skills to keep pace and stay on top of your job. If your "to-do" list never seems to get done, this session is for you! Discover how to gain control over your time and tasks and get more done than you ever thought possible.

- Identify real priorities when everything seems urgent.
- Uncover (and eliminate!) insidious time-wasters that can devour your day.
- Meetings, paperwork, deadlines, and requests: Discover hidden shortcuts in your daily routine.
- Use power tips to get organized and stay that way — even through crisis, chaos, and overload!

Green Session 4

Getting Ahead in a Competitive Environment: Career Planning

Ever lose sight of the "big picture" in your career? If it sometimes seems difficult to remember just what you're trying to accomplish, this enlightening session will help you bring it into focus. You'll begin to develop an overall career plan, with workable strategies to turn your plan into reality.

- Set realistic, reachable goals ... with checkpoints to measure your progress.
- The real you: Discover your own ambitions and talents ... and use them to enhance your professional life.
- Make adjustments: what to do when you want to change the direction or focus of your career.
- Your "Master Plan": Map a career strategy plan that will set you on your way to fulfilling your goals.

Guaranteed Results

All of our seminars are 100% SATISFACTION GUARANTEED! We're confident that this conference will give you new ideas and strategies to achieve and succeed according to your goals and standards. If for any reason you are dissatisfied, send us a letter (Attn: Customer Relations) within 30 days of your conference attendance stating the reason you were not satisfied, and we'll arrange for you to attend another one of our seminars or receive a full refund — *hassle-free*.

On-Site Training Solutions



Get the Results You're Looking For!

Bring our powerful, high-impact training programs to your organization and show your employees that you're serious about their professional growth and achieving critical organizational goals and objectives.

Choose From Over 150 Courses!

From management development to customer service, our comprehensive library of courses provides a learning experience that is engaging, interesting, and intriguing!

Tailor the Training to Meet Your Specific Needs!

We'll help you choose the appropriate courses for your organization and tailor each one to address your specific goals, issues, and scheduling concerns.

Maximize Your Training Budget!

On-Site Training allows you to train work groups, teams, and entire departments for less than the cost of traditional public seminars or other training options.

Give your staff the skills, knowledge, and confidence they need to meet tough workplace challenges head-on, realize their full potential, and perform at their peak.

For a free consultation, visit us online at www.careertrack.com or call us at **1-800-944-8503** today!

Experience, Knowledge, Talent: You Can Count on CareerTrack for Superior Conference Leaders

We search out the best: Our extensive and ongoing recruitment program ensures that "the best of the best" lead every one of our programs; we look for — and find — those professionals who meet our exacting standards for powerful presentation skills, real-world business experience, top professional credentials, and training acumen.

Each and every prospective trainer passes through a demanding, multilevel screening and audition process ... a process that guarantees only the most talented, capable speakers become part of our team.

Experience plus training: Our program leaders present some of the best qualifications in the business. All of our trainers are experienced, high-achieving professionals ... but we don't stop there. Our seminar leaders remain on the cutting edge of business and management through extensive study, networking, and workshops.

Energetic and stimulating: We know you're coming to our conference to learn, but that doesn't mean it can't be fun, too. That's why we bring you trainers who are lively, energetic, and exciting. We make it a point to recruit charismatic, dynamic speakers who can grab your attention and keep it for an entire day.

Timely Topics and Real Substance: **The Women's Conference** is for you, the professional woman, and it will help you ...

1. Take on more leadership roles — with self-assurance and confidence.
2. Communicate more assertively without losing your "sense of self."
3. Minimize high stress levels that leave you irritable and exhausted.
4. Manage multiple projects and priorities without losing focus or control.
5. Get the better of difficult people — instead of falling victim to their tactics.
6. Stay relaxed and in control through any level of crisis or pressure.
7. Stop avoiding conflict and confrontation ... and learn how to use it to your advantage.
8. Find out where your time's wasted ... and how to regain control of your day.
9. Get what you need from anyone, with negotiating strategies that assure your success.
10. Know exactly where you want to go ... and how to get there.



Online

www.careertrack.com

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THE Women's Conference

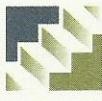
"Success doesn't come to you, you go to it."

— Marva Collins



- 12 Productive Sessions
- 3 Motivating Speakers
- Hundreds of Innovative Ideas, Solutions, and Strategies

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